

Sano Orthopedics

We all know someone who has been stopped in his or her tracks by bone, muscle or joint pain. Musculoskeletal conditions and pain affect people at any time and any age, keeping people of all ages from working or enjoying life. The good news is that everyone — from the child with scoliosis to the person with traumatic injuries requiring limb-saving surgery — can benefit from the expertise of an orthopedic surgeon. There are treatment options that help people lead happier and more productive lives.

Orthopedic surgeons are devoted to the prevention, diagnosis, and treatment of disorders of the bones, joints, ligaments, tendons and muscles.

Some orthopedists are generalists, while others specialize in certain areas of the body, such as:

- Hip and knee
- Foot and ankle
- Shoulder and elbow
- Hand
- Spine

The caring team at Sano Orthopedics (*formerly Advanced Orthopedics and Sports Medicine*) make it their priority to bring their patients back to wholeness and restore the parts that need healing.

With two offices in the KC Metro area — one in Overland Park, KS and one in Lee's Summit, MO, Dr. Matt Daggett, orthopedic surgeon and founder explains, "Since we started our practice 3 years ago, our focus is about providing the highest level of care through the most innovate techniques in orthopedic medicine. We are quite passionate about outcomes and creating a healthier community and a healthier village. Sano is Latin for "health" and the root of what we are trying to do is create a healthier person."

A GREAT TEAM AND A STRONG FOUNDATION



Dr. Matt Daggett was born and raised in Kansas City, MO. After graduating from University of Missouri-Columbia, Dr. Daggett received his medical degree from Kansas City University of Medicine and Biosciences and MBA in Healthcare Leadership from Rockhurst University. He completed his orthopedic residency in Kansas City.

Following residency, Dr. Daggett obtained a sports medicine fellowship at the American Sports Medicine Institute with Dr. Lemak in Birmingham, AL and a shoulder fellowship with Dr. Gilles Walch and Dr. Lionel Neyton in Lyon, France.

Dr. Daggett is an active researcher in his orthopedic field and an expert in injury prevention, knee ligament injuries, sports medicine and shoulder rotator cuff repair and treatment. He is the only American member of the International SANTI research group on sports medicine injuries and team doctor for Avila University. He is an associate clinical professor of KCU. He also serves on the Sports Medicine Advisory Committee of the Missouri State High School Activities Association (MSHSAA).



A TEAM LIKE NO OTHER

As techniques, materials and treatment modalities in orthopedic surgery are in constant evolution, it is necessary for practitioners to continuously update their knowledge and practice. Sano Orthopedics make it their top priority to keep on the latest advances in adult knee & hip arthroplasty, shoulder arthroplasty, joint preservation, advanced recovery & pain protocols and the value of new technology and integration within the new paradigm of health care delivery.

Along with Dr. Daggett, the Sano Orthopedics team includes 3 additionally renowned orthopedic surgeons.



Dr. Kevin Witte is a fellowship trained and board-certified orthopedic surgeon. A native of Windsor, MO., Dr. Witte obtained his undergraduate degree from the University of Missouri-Columbia. He attended medical school at Kansas City University of Medicine and Biosciences while obtaining an MBA in Healthcare Leadership from Rockhurst University.

He completed a fellowship in orthopedic sports medicine at the Andrews Institute for Orthopedics and Sports Medicine in Gulf Breeze FL, working under the leadership of world-renowned orthopedic surgeon, Dr. James Andrews. During his sports medicine fellowship, he learned the latest techniques in the treatment of knee injuries, elbow complications and shoulder conditions in athletes of all ages.



Dr. Tim Roberts, a native of St. Louis, obtained his undergraduate degree from the University of Missouri, Columbia. He attended medical school at Touro University Nevada College of Osteopathic Medicine in Henderson, NV. He completed his residency in orthopedic surgery through Kansas City University of Medicine and Biosciences and St. Mary's Medical Center.

His interest in hip care led him to pursue advanced training in France where he formed close relationships and learned the importance of total hip care. A unique approach in orthopedics, Dr. Roberts treats hips from start to finish (from arthroscopy to joint replacement) as part of his total hip care methodology. In addition to hip care, Dr. Roberts interests include general orthopedics, injury prevention, fracture care, knee injuries and knee replacement.

PLEASE TURN THE PAGE





Dr. Adnan Saithna is a fellowship trained orthopedic surgeon specializing in sports medicine and shoulder care.

Dr. Saithna is an internationally renowned knee and shoulder surgeon with excellent clinical results. He was recently featured in the British media for operating on an athlete who went on to win three gold medals in the

National Gymnastics Championships. He has a great passion for orthopedic sports medicine that was born out of his experience of sports injury during his own athletic career and his desire to improve the outcomes of patients who suffer orthopedic injuries. This passion has led to world leading research that has received global recognition and multiple awards including the King James IV Professorship from the Royal College of Surgeons of Edinburgh, UK. This award recognizes surgeons “who have made a significant contribution to the clinical and/or scientific basis of surgery over an extended period of their consultant career and have acquired a National or International reputation.”

Dr Saithna has relocated from the UK to join Sano because of his strong belief in the core values of the group.

PASSIONATE ABOUT NOT ONLY LEARNING, BUT TEACHING

Dr. Daggett’s interest in orthopedic research and education has directed his career path. It led him to start a new practice and keeps him focused on improving outcomes for his patients. He shared some background on these personal passions.

“I enjoy teaching med students because knowledge is best shared. It’s a ripple effect: the impact teaching one student in turn has an impact on every patient that future physician treats. The students continue to push me with new questions, which in turn drives better outcomes. I’ve had and still have some great teachers and mentors, and I hope to be as helpful to my students.”

Due to his fellowships abroad, he developed relationships and friendships that has allowed for continued dialogue and exchange of ideas. This led to a relationship with Dr. Saithna, who moved from the UK this year to join Sano. Other countries approach medicine, training and healthcare differently. He shared an example. “When we collaborate on projects, we can exchange our unique perspectives and ideas for innovating techniques. I shared my ACL repair technique with French orthopedic surgeon, Dr. Sonnery-Cottet, last year. He repaired an Olympic skier, who was then able to compete

just a few months after her injury. Additionally, his innovation in ACL construction influenced me to change my technique. He also slightly modified his technique based on my usage of the ACL internal brace.”

Dr. Witte also provided us with great examples of their passion for research. “We are very focused on research, specifically knee and shoulder research, with elbow and hip as well. ACL reconstruction — if you’re younger than 18, you have a 25% - 30% chance of reinjury over the span of 15 years and that’s disappointing.”

Dr. Daggett added, “Throughout our research and collaboration, we are focused on ACL outcomes and identifying new procedures and new options that could reduce the risk of reinjury and increase the chance for the patient to return to play sooner.”

This research has resulted in better understanding of the anatomy and the biomechanics of the knee, but its also related to some clinical improvements already. We published a study two years ago with our colleagues in France about return to play and ACL reconstruction when you also address another structure on the outside part of the knee that’s injured 90% of the time. We can show by addressing that we can decrease the chance of reinjury of up to three times of what normal reinjury rates are.”

“Having these international collaborations is quite unique and allows us to discuss cases and ideas and encourages us to push ourselves to be more innovative in our field to give our patients ideal outcomes,” added Dr. Saithna



Orthopedics is a rapidly changing field. The team at Sano is proud to be on the forefront. Sano physicians are not employed by a university nor does research tend to resonate with the general population. Their passion for better results is what drives their research and education interest. Being involved in creating a better tomorrow is a privilege that they take seriously. Their unique backgrounds and spirit of collaboration will continue to drive innovation in the quest for better outcomes for their patients. ●



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